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INFORMATION,  
PREVENTION AND  
TREATMENT REFERRALS, AND  
OTHER RESOURCES ARE  
AVAILABLE 24 HOURS A DAY  
FROM THE MASSACHUSETTS  
SUBSTANCE ABUSE  
INFORMATION AND  
EDUCATION HELPLINE/  
THE MEDICAL FOUNDATION.

800-327-5050  
(TOLL-FREE; MULTI-LINGUAL)  
TTY: 617-536-5872  
WWW.HELPLINE-ONLINE.COM

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ADDITIONAL INFORMATION  
AND STATISTICS ARE  
AVAILABLE FROM:

- Massachusetts Youth Health Survey, October 2002  
[www.state.ma.us/dph/bsas](http://www.state.ma.us/dph/bsas)
- Massachusetts Youth Risk Behavior Survey  
[www.doe.mass.edu/hssss/yrbs/01/results.pdf](http://www.doe.mass.edu/hssss/yrbs/01/results.pdf)
- National Center on Addiction and Substance Abuse at Columbia University  
[www.casacolumbia.org](http://www.casacolumbia.org)
- Monitoring the Future, Overview of Key Findings 2002  
[www.monitoringthefuture.org](http://www.monitoringthefuture.org)
- Office of National Drug Control Policy  
[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)
- Parents. The Anti Drug  
[www.theantidrug.com](http://www.theantidrug.com)
- Partnership for a Drug-Free America  
[www.drugfreeamerica.org](http://www.drugfreeamerica.org)
- U. S. Department of Health and Human Services  
[www.health.org](http://www.health.org)

*Be the first to TALK WITH YOUR PRE-TEEN  
about ALCOHOL, TOBACCO, and other DRUGS*

**INFORMATION FOR FAMILIES**

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**WHAT SHOULD I LOOK FOR?**

If you are concerned that your child might have a problem with alcohol or other drugs, it's important to remember:

- Don't blame yourself. Drug use today can affect any family.
- Don't put off dealing with the problem. Young people can move quickly from "trying" to "needing" drugs. The most important and loving thing you can do for your child is to get help right away.
- See "How Can I Learn More?" for where to call.

Parents should watch for changes in their children that might be signs of drug use. Here are some things to watch for—but keep in mind that some of these signs may be caused by other problems too, and that a few may be a normal part of adolescent development.

- Change in mood or personality
- Sleeping or eating more or less than usual
- Less interest in school, friends, activities
- Decrease in quality of schoolwork; skipping school
- New friends you haven't met
- Money or objects missing from home
- Reports of parties with drugs or alcohol
- Breaking rules, acting angry

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**YOU CAN FIND INFORMATION ABOUT  
SPECIFIC DRUGS BY CLICKING ON EACH SUBSTANCE:**


*Alcohol*  
*Club drugs*  
*Cocaine/Crack*  
*Heroin*

*Inhalants*  
*Marijuana*  
*Over-the-counter/Prescription drugs*  
*Tobacco*

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**WHAT CAN I DO IF I THINK MY CHILD NEEDS HELP?**

If you have noticed changes in your child and are worried about possible drug use, here are some things you can do:

- Choose a time when you are calm and your child is not under the influence of any drug.
- Tell your child what you have noticed and that you are concerned because you care.

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- Find out what your child has been feeling or dealing with that may lead him or her to use drugs.
  - Reassure your child that you still love him or her.
  - If your child admits to using drugs, work together to solve the problem.
  - Discuss how to avoid drug use in the future.
  - Be firm and enforce the consequences that are part of your family rules.
  - Talk about how your child can rebuild your trust.

If your child continues to use drugs or if you think his or her safety is at risk:

- Remember that getting help early is the key to protecting your child's health and safety.
- Contact the Massachusetts Substance Abuse Helpline (800-327-5050) for information and referral to treatment resources.
- Call 911 for an emergency.
- Talk to a professional such as your child's health care provider.
- Remember that addiction is a disease that can be treated and that people can recover from it.